

# **How do you spell RELAX?**

**There are lots of ways to spell relax.**

**Here are just a few favorites:**

**w-a-l-k  
s-t-r-e-t-c-h  
l-i-s-t-e-n  
l-a-u-g-h  
f-i-s-h  
s-o-a-k**

**w-r-i-t-e  
b-r-e-a-t-h-e  
r-e-a-d  
s-m-i-l-e  
b-u-i-l-d  
s-i-n-g**



The State Wellness Program Operates as a Program  
of the Employees Benefits Council.  
"Making a Healthy Difference for You!"

